

Criteria for Recipes in MSU Nutrition Education Programs (SNAP-Ed/EFNEP)

Nutrition Criteria

1. **Added Sugar:** For dessert and baked goods recipes, 25% of calories or less are from added sugar. For all other categories, 10% of calories or less are from added sugar.
2. **Total Fat:** Recipes contain either less than 35% of calories from fat or 3 grams or less of fat per serving. See 7. **Exceptions.**
3. **Trans Fat:** Recipes contain less than 0.5 g *trans* fat per serving.
4. **Sodium:** Main dish recipes contain less than 600 mg of sodium per serving. Other recipes contain less than 300 mg of sodium per serving.
5. **Additional Nutrients:** Recipes provide at least 10% of the Daily Value of one or more of the following nutrients: vitamin A, vitamin C, calcium, iron, or fiber per serving.

	DV	10% DV
Good source of vitamin A (10% or more Daily Value)	5000 IU	500 IU
Good source of vitamin C (10% or more Daily Value)	60 mg	6 mg
Good source of calcium (10% or more Daily Value)	1000 mg	100 mg
Good source of iron (10% or more Daily Value)	18 mg	1.8 mg
Good source of fiber (10% or more Daily Value)	25 g	2.5 g

6. **Whole Grains:** In recipes containing grains, at least 50% is whole grain.
7. **Exceptions:** Every effort has been made to include those recipes appropriate for use when teaching the Dietary Guidelines for Americans. Recipes taken individually may appear higher or lower than recommended in certain nutrients, but when consumed as part of an entire day's intake, would contribute to a healthy diet. For example, baked fish may be high in fat. However, an appropriate serving size can be included in the diet and be part of a healthy eating pattern.

Other Criteria

1. Recipes are appropriate for programs based on the 2015-2020 U.S. Dietary Guidelines for Americans.
2. Recipes include serving size.
3. Recipes are accurate/tested.
4. Recipes use low cost, readily available ingredients.
5. Recipes use precise and simple measurements.
6. Recipe instructions follow the order of ingredients.
7. Recipes can be prepared relatively quickly.
8. Recipes are easy to read, with clear and few instructions.
9. Recipes use no more than 15 ingredients.
10. Recipes follow appropriate food safety precautions and/or cooking temperature recommendations.
11. Recipes are analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.